**Suggested changes from meeting with Chris Napier May 28, 2021**

• Pause button: E.g. User is halfway through an exercise session, then the doorbell rings. User hits ‘pause’ button on exercise mode screen. Data will keep recording while screen is paused. This is similar to if a user minimizes the app during a data collections session—we will continue to record data. Perhaps we could introduce a ‘timeout’ feature (depending on how hard this is to implement) where data collection will timeout after 45min of collection. We don’t expect data collection to ever go this long for a single exercise session, so after **45min** the app could stop collecting data and upload whatever data is present at that time.

• Will data only be uploaded when user opens app next? Or does it upload even when app is closed?

• Communication from the web portal to the app…

Clinician able to send push notifications to the specific user from the web portal

Push notification example:

E.g. ‘Remember to complete your exercise session today!’

E.g. ‘Hi \_\_\_, just to let you know I’ve changed your exercise prescription from 3 sets to 4 sets. Keep up the great work!’

Clinician should be able to type out a message on the web portal, then send that to the specific user. Message will be displayed as push (NOT in-app message)

• Clinician able to assign/modify an exercise prescription to the user ? MVC???

Require a new web portal mode?

E.g. Chris (clinician) wants Kohle (user) to complete specific prescription within exercise mode (Target load, rep hold time, rest time between reps, rest time between sets, #sets, #reps). Chris goes on to web portal and assigns these features to Kohle. Kohle then opens his app installation and this prescription is already auto-populated on his app.

• Add ‘MVC’ to header information (to the right of user ID?)

MVC is equivalent to max force over the entire test duration

E.g. MVC would be calculated as Fmax = 9.25kg

• Device zeroing (taring of device)—need to implement this

When running my device I had a constant load of ~0.7kg when the device was unloaded; should be reading ~0kg with no load

Native Tindeq app does this immediately after pairing with the device:

• Features to change on web portal…

‘download all’ feature corresponding to a specific user

Clinician clicks ‘download all’ corresponding to a specific user, web portal downloads all files associated with that user (zip file?)

• On/off settings to include in for research vs. clinical deployment (toggle from settings menu)

Automatic data upload:

If enabled, device will not display the upload now/upload later/discard popup tree. When user finishes an exercise session or MVC test, the data will automatically be uploaded to the database.

If disabled, device will display the upload now/upload later/discard popup tree and user will be given the options regarding when/if data gets pushed to the database. \*\*If user selects to store data locally then closes the app, when they open the app again the app should automatically push any local data not already submitted to the cloud

• Editable exercise features

If enabled, user will be able to manually edit exercise prescription features—features include those in exercise mode: Target load, rep hold time, rest time between reps, rest time between sets, #sets, #reps AND those in MVC mode: duration of MVC test (seconds)

If disabled, user will not be able to manually edit exercise prescription features—all features will be set by the clinician via. the web portal, and user will not be able to edit them within the app. User should still be able to see their exercise prescription before starting exercise session, but they will be not be editable

• Features to change within exercise mode…

Background colour change to distinguish between ‘hold’ (during a rep) and ‘rest’ (between-rep rest times).

• Rest time following the last rep of a set should be removed so it does not ‘add’ to the between-set rest time

E.g. 10s between reps, 90s rest time, time between sets should be 90s not 90s + 10s from last rep (incorrectly totaling 100s of rest)

• Features to change within MVC mode…

Field to change duration of the MVC test (want to be able to change from 5s)

Note: this can be locked if ‘Editable exercise features’ setting is turned off

• If user is not connected to data, finishes a session and clicks ‘submit data now’, does it get automatically stored locally then uploaded automatically when user opens app next time with a data-connection?